

OPEN Arms

MARCH 2000 * Vol 12 Number 3

P.O. Box 845 Mishawaka, IN 46546

There is a meeting planned for Saturday, March 18, at 11:00 a.m.

Central United Methodist Church in South Bend, 1920 S. Michigan St. (219)289-7725.

The group that met with Wally Paynter of Justice Inc. a couple of weekends ago decided it would be beneficial to get South Bend and Mishawaka people/groups together to brainstorm in hopes of organizing efforts concerning gay and lesbian issues generally--the hate crime bill--specifically in our area.

Please pass this meeting information along to others you know of that may be interested

Sherry K. will be playing this month at:



Borders, Mishawaka, IN,
Friday, March 3, 8:00 pm.

Barnes & Noble, Mishawaka, IN,
Saturday, March 11, 7:30 pm.

PLEASE.... KEEP THIS DATE OPEN: APRIL 15

Open Arms will be hosting a networking meeting to discuss various ways to best reach out to our community. Many womyn have said that they would like more input from our readers. We ask that you to attend this meeting and help us to create ways to entice others to become more involved in our community. Let's make our community grow and reach out to our sisters who may be searching for our support. Look for more meeting information in April's newsletter

The Lesbian Support Group is getting a new home.



After 5 years, I am also moving on. There will be a meeting at the Southside Christian Church on Tuesday, March 14, 7:00 PM to discuss format and receive any suggestions anyone may have to help this vital link in our community continue to thrive.

The Southside Christian Church is showing it's support by opening it's doors and giving us a meeting place.

I thank the lesbian community for the support and encouragement I have always received. Through the years, many womyn have found the love and strength they needed to explore and live life as a lesbian through the lesbian support group. Please come to this meeting and share your ideas. We need each others support. Isn't that what support group is all about?

Peace, Lynn

It is here and it's incredible.



Women In the Arts, Inc announces the CD you've been waiting for ...and worth the wait ...

NWMF Silver: celebrating the 25th anniversary of the

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featuring live cuts from NWMF 1999

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To order yours: send \$16.00 plus \$3.00 shipping and handling to WIA, PO Box 1427, Indianapolis, IN 46202

EVENTS TO WATCH OUT FOR:

IN THE YEAR 2000, MARCH COMES IN APRIL

<http://www.mmow.org/> On April 30th, 2000, more than a million gay, lesbian, bisexual and transgendered people will descend upon Washington, D.C. for the Millennium March on Washington for Equality. But you can take action now without even leaving your desk! Visit the official March website to take part in a historic survey. For the first time, people from all over the world have the incredible opportunity to vote on the March platform. Take a minute, make your voice heard, then start making plans to join us in D.C.!

IN THE CIVIC CENTER SPOTLIGHT

<http://www.planetout.com/civcntr/> The National Coming Out Day events are in the works at HRC and NGLTF. Join the Human Rights Campaign and "Come Out to Congress" on October 11th, or join the National Gay and Lesbian Task Force at your local Gameworks in Columbus, Miami or Seattle on October 12th to "Come Out and Play!"

IT'S PRESIDENTIAL

<http://www.hrc.org> <http://www.espany.org> PlanetOut will be web casting two major political events this coming month, the HRC National Dinner on October 9th in Washington, D.C. with Vice-President Al Gore, and the eighth annual Fall Dinner for the Empire State Pride Fund of New York with President Bill Clinton. We'll bring you all the highlights of these two historic evenings, and all of the remarks from the first White House to meet the gay community for dinner. Visit the individual sites for more details on the events, then tune in to PlanetOut Radio.

COMMUNITY EVENTS

2



MARCH 3, 8:00 PM at Borders in Mishawaka.....Sherry K.

MARCH 11, 7:30 PM at Barnes & Nobel, in Mishawaka.....Sherry K.

HBO SPECIAL, "IF THESE WALLS COULD TALK 2".....Sunday, March 5, 9PM/8C.....*Women. Love. Women.*

LESBIAN SUPPORT GROUP : Special planning meeting, Tuesday, March 14, 7:00 PM Southside Christian Church, info: Lynn 219-259-6801

March 25....MMCH.....Ubaka Hill returns for a weekend of drumming workshops and a major concert featuring the Drumsong Orchestra for more info or to sign up, contact ToniAJr@aol.com or call 773-769-9009

Mountain Moving Coffee House for Womyn & Children, 1650 W. Foster, Ebenezer Lutheran Church, Andersonville, IL info: 312-409-0276
Coming in April to MMCH for one intimate evening on the 15th is **Ferron** performing songs from her new CD, "Inside Out"

March 24-26....Dinah Shore Weekend.....Palm Springs, Florida

March 25.....Womyn's Variety Show deadline for group entries & full rehearsal: call Maze Productions 616-324-8688

April 20-24.... Line up for the 12th Gulf Coast Womyn's Festival: Sonia Rutstein of Disappear Fear, Sandy Rapp, Lee Hoffman, Shelley Graft, Lisa Cohen, Thursday Night Worker's Talent Show, and Sunday Night Camp Fire Sing-a-long, Children's Activities (boys age 8 and under welcome). Workshops, Day & Night Stage, Craft Market, Great Southern Meals (veg. & meat), RV/tent, Limited cabin spaces, **(No illegal drugs or alcohol, no s/m and no pets)**. \$95 to \$225 sliding scale, based on income.

For more info contact: Camp Sister Spirit, Box 12, Ovet, MS 39494 (601)344-1411 or sisterspir@aol.com

April 25.... 4 pm Chicago's African-American LesBiGayTrans Performance Ensemble, Walb Student Union, IU/Purdue, Fort Wayne
more info...219-744-1199

April 29.....Womyn's Variety Show & Dance.....Kalamazoo....Maze Productions 616-324-8688

April 30.....Millennium March on Washington for Equal Rights www.millenniummarch.com or www.ufmcc.com/millennium.htm

Barnes & Noble's Gay & Lesbian Reading Group meets on the 4th Wednesday, 8:30 P.M. For info call 219-277-9482

CODEPENDENCE ANONYMOUS meetings will begin on Saturdays 9:30 AM at the Southside Christian Church.
It is not Church Affiliated. We are just using the church as a meeting place. For more info call Lynn at 259-6801

MICHIANA'S GAY YOUTH GROUP... for GLBT youth under 20 years of age, continues to offer to the youth community a positive and educational perspective on health issues, relationships with their families, coming out issues and history of the community. The support group will continue with the same (IYG) guidelines that have been used over the past eight years in a peer group setting. For more information call 219-235-9396 All calls are confidential.

THE TREVOR HOTLINE National toll-free suicide hotline for gay and questioning youth. It's open 24 hours a day, seven days a week, 365 days a year. Teens can call 1-800-850-8078, where they can talk to trained counselors. Visit www.trevorproject.com

THE LGBT SWITCHBOARD is a non-profit organization that provides assistance and/or referral to the LGBT community in Bloomington, IN as well as surrounding areas. The phone line is answered daily between 6 PM -12AM by professionally trained volunteers who direct callers to various professionals &/or agencies for assistance. 812-336-7660 or 1-888-882-5428(LGBT)

THE SWITCHBOARD... takes calls every night from 7-11PM 317-251-7955 Callers can discuss issues such as coming out, transgender, marriage and other topics. All calls are confidential. Also on the at www.gayindy.org/switchboard/

GAY & LESBIAN HELPLINE/PEER LISTENING LINE The peer listening line is a nationwide toll free number staffed by GLBT youth who provide information, referrals, and support to callers Monday thru Friday 4PM-10PM EST 1-888-340-GLBT(4528). The gay & lesbian help line does the same work Monday - Friday 6PM-11PM, Sat. & Sun. 5PM-10PM EST 1-800-399-PEER (7337)

NATIONAL ORGANIZATION FOR WOMEN (NOW) Meetings are open to the public and will be the 4th Wed. from 7 - 9PM of each month, Lower Level...St. Joseph County Public Library, 304 S. Main, S. Bend, more info: Penny 291-2342, Rhoda 288-7123

KALAMAZOO GAY/LESBIAN RESOURCE CENTER, C.A.R.E.S Building, Lower Level
629 Pioneer Street, Kalamazoo, Mich. 49001 voice mail: (616) 349-4234

LESBIAN GROWTH & SUPPORT GROUP Fort Wayne Woman's Bureau at 3521 Lake Ave. Suite 1, Info....219-424-7977

Also in Fort Wayne...**G/L/Bi/T Help line** 219-744-1199 available Mon.-Thurs., 7-10 PM, Fri.-Sat, 7-12 AM, Sun, 8-9 PM

FORT WAYNE IYG..... a support group for GLBT youth under 21 years of age Information: 219-422-7597

BLOOMINGTON OUTREACH, informal support group for lesbian & bisexual women 812-855-3849

NORTH/CENTRAL ALLIANCE Located in the Kokomo, Tipton, Logansport, Marion and Frankfort area of North/Central Indiana....North/Central Alliance, P.O. Box 186, Kokomo, IN. 46903.. Voice Mail 317-454-8868

PFLAG (Parents & Friends of Lesbians and Gays) Meetings are from 2 to 4 PM the 4th Sunday of the month at Christ the King Lutheran Church, 17195 Cleveland Road, South Bend. Info....Nancy 219-277-2684, or write P.O. Box 4195, S. Bend, 46634

PFLAG in the St. Joseph/Berrien County area, group meetings take place the 3rd Wed. of each month. Info...call 616-429-2957

PFLAG in Fort Wayne meets every 2nd Monday at Plymouth Congregational Church, 501 W. Berry St, Info...Jackie, 219-486-2201



The Amazon Trail by Lee Lynch

ROAD PEEVISHNESS

I'm a turtle. I'm the kind of driver Alix Dobkin used to call "an old man in a hat driving a Chrysler product." I'm the white-haired woman you don't want to get behind when you have an appointment. Lover fears I go so slow I might cause accidents. I'm the type who brakes for yellow "suggested" speed signs because I don't relish meeting a monster truck on a narrow curve with no where to go but imagined frothy waters at the bottom of a ravine.

Last week I got a speeding ticket.

If the young officer hadn't been apologetic to the point of obsequiousness I might have done something rash, like cried.

My first speeding ticket! My only ticket since the seventies when I went through a toll booth without paying in a Bug-full of crazy dykes. We thought it was revolutionary fun.

This wasn't fun. I was facing a ten hour drive as part of my job, but I'd left enough time so that I could drive slowly over snowy mountains and along roads threatening landslides. The trip was that long because a landslide had plugged the north-south highway I normally drive. I metamorphosed into a confused speed demon in the midst of a complex maneuver from one unfamiliar road to the next without the benefit of detour signs. This routing took me very briefly in to the city's 25 M.P.H. speed limit. I was caught doing 40, desperately looking for directional signs. Here's what I suspect. The cop had done something that annoyed his boss. He was assigned to drive the overpasses and underpasses on this little interchange again and again till he got dizzy. He was told to rack up enough speeding tickets to fill the whole squad's quota for the month and it was only the 14th. It was an easy enough assignment with all us bumpkins squinting to find our way through a corner of this town of 45,000.

"He must have bagged bunches!" surmised a friend. I, of course, immediately decided the officer had pounced the minute he saw my Gore, food co-op, animal protection, Human Rights Alliance, literacy, rainbow flag and Victory Fund stickers. On the other hand, it's a university town, filled with kids in dread locks and soccer moms alike driving vans or mini vans that sport "Question Authority" decals and Darwin magnets. The cop probably thought I was a middle-of-the-roader-in-comparison.

I bought my mini-van for safety. Although the candy-apple red one my in-laws got made me froth with jealousy, I hadn't wanted a vehicle that would attract the eyes of the law. Everyone says cops go after red cars first. Convertibles, SUVs, sports cars, luxury cars they're all supposed to get ticketed before turtles in mini vans.

In my young and reckless years I raced across America, doing u-ies in unfamiliar territory. Never got stopped.

I sped wildly, hormone-fueled, along east coast parkways in the dark of night to covert assignations. Never got stopped.

Decades ago I ignored traffic and substance abuse laws simultaneously.

Never got stopped.

I'd run into New York from Connecticut, speeding along with the flow of traffic which was more like the flow of a river at flood stage. Never got stopped.

(Continued on page 5)

BEYOND BELIEF

excerpted from *Brill's Content and
The South Bend Tribune*

3

In the wake of the horrific shooting at Fort Worth's Wedgewood Baptist Church, evangelist Jerry Falwell offered this assertion, "Most hate crimes in America today are not directed toward African-American or Jewish people or gays or lesbians," he told *Time Magazine*. "They are directed at evangelical Christians." Falwell's statement is loud, divisive, simplistic and full of unchallenged falsehoods. According to the FBI's most recent hate-crime statistics, in 1997, there were 3,838 bias-motivated offenses against African-Americans, 1,159 against Jews and 1,351 against gays and lesbians. Hate or bias-motivated offenses against all Protestants totaled 59. A study by the National Coalition of Anti-Violence Programs which relied mostly on victim complaints found that the number of anti-gay incidents nationally dropped from 2,665 in 1997 to 2,552 in 1998, but in Michigan the number of incidents increased from 120 to 130 and the number of victims rose from 134 to 143. Michigan also saw an increase of anti-gay murders; from two in 1997 to six in 1998. These figures may increase as the Hate Crimes Statistic Act, enacted in 1990, requires the Justice Department to acquire data on hate crimes from law enforcement agencies across the country. Compliance with law has slowly increased, but resistant law enforcement agencies and mismanagement of hate crimes prosecution has made it difficult to report an accurate number of hate crimes in America. Many hate crimes are not reported to police for fear of further victimization.

To date, 235 cities and 28 states have enacted either civil rights laws or hate crimes laws that include GLBT people. Yet there are no federal laws outlawing discrimination based upon sexual orientation in employment or other categories.

JUSTICE continues to take hate crime reports from Indiana victims. All reports are confidential and anonymous.

To report a hate crime, call 317-634-9212 or

e-mail: hatecrime@justiceinc.org

Justice, Inc. is a member of the Indiana Civil Rights Commission Hate Crimes Reporting Network. Anyone who has been a hate crime victim in the past can also make a report and is encouraged to do so.

Nationally the number to report hate crimes is 877-787-4264

Susan Myers, R.N., HNC, LCSW, CHTP

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It's a strange life.

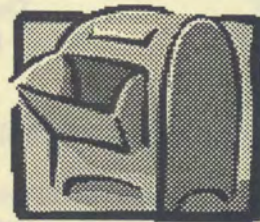
You can skate on thin ice and end up in hot water.

Okay, all you singles! Looking for that special someone?

Here is your opportunity to reach out to other singles.

Write out what you want other singles to know about you and what you are seeking in another.

Open Arms will run your ad for 2-3 months. You can resubmit or cancel at any time.



Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to: The Court of Friends, P.O. Box 845, Mishawaka, In. 46546 You will be assigned an ID number.

Your letter and ID number will be published in the next issue. To respond to a published single, enclose your reply in a **stamped, sealed envelope with the ID number written lightly in PENCIL on the front of the envelope.**

Place your reply into another envelope and mail it to The Court of Friends. We will then mail your reply to the corresponding single.

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OPEN ARMS MISSION STATEMENT

Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community.

Open Arms is mailed monthly in a security envelope with a PO Box return address only.

Our mailing list is kept confidential and never shared with other publications or special interest groups.

You've reached middle age when you know
your way around, but you'd rather not go.

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Please send submissions to:

Open Arms, P.O. Box 845, Mishawaka, IN. 46546

e-mail address mbdjkj@juno.com

e-mail address suze3@juno.com

Kaye & Marcia.....219-271-0338

Suze.....219-246-1195

treat's street



In my cab I rode the brakes from pickup to pickup, weaving in and out of traffic as if other cars and people were nothing but a barrier between me and my next fare. No blinking lights ever shone in my rearview mirror.

As a commuter I concentrated only on making up for that extra time I spent in bed and drove as if I had a siren atop my car. But so did everyone else.

To me, New York City was one gigantic dodge-em car amusement park ride, the hills of New England free roller coasters. I guess my lawlessness finally caught up with me.

A ticket, though. Now, when I'm old enough to understand that I'm not immortal and that traffic laws actually protect me, now I feel like a criminal. When I really really flaunted the law I felt only rebellious.

I'm lucky to be alive. My next bumper sticker's going to read, on a background of rainbow stripes, "I Brake For Turtles."



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Kim and I are independent distributors of a wonderful line of all natural, herbal weight loss products, vitamins, dietary supplements, concentration aids, ect. We approached this venture with much skepticism; but much to our surprise and delight, we quickly overcame that. In the short time that we have utilized the products ourselves—we feel much more energetic and have each lost 30+ pounds. We are firm believers in the quality and efficiency of this line of products and would like to help you become a believer too! So, if you need to lose a few pounds but hate to diet, want to feel more energetic, or want to increase your ability to focus and concentrate —**CALL US —WE CAN HELP!**

WELLNESS CORNER

By Susan Myers, R.N., LCSW, CHTP



Microcurrent Therapy and How It Works

Microcurrent therapy, commonly referred to as Microcurrent electrical Neuromuscular Stimulation (MENS), is extremely small pulsing currents of energy in the form of electricity. These electrical currents are generated by the Bio-Therapeutic Computer(BTC). The energy delivered by the computer is biologically more compatible to our bodies than any other electrical stimulation device, and has the ability to penetrate the cell membrane—as opposed to passing over the cell as other stimulation devices do.

Microcurrent therapy is scientifically based on the Arndt-Schultz Law which states: Weak stimuli increases physiologic activity and very strong stimuli inhibit or abolish activity. Microcurrent is a subtle current that positively effects the electrochemical functions within the body's tissues, making it very powerful and effective. Since the energetic current is sub sensory, the individual cannot feel anything.

Microcurrent therapy enhances the body's own electrical currents. The human body must adhere to the natural law of electricity which states: Electricity must take the path of least resistance. When there is injury, illness, trauma, tension, etc., the body's natural electrical current is destined to move around an injury or defect, rather than through it. The external application of microcurrent will penetrate the cell and promote more adaptive cell functioning.

Microcurrent therapy promotes cell balance and optimal functioning (homeostasis) by increasing the production of ATP (energy needed for the cell to function), protein synthesis that builds healthy tissue, oxygenation, ion exchange, absorption of nutrients, elimination of waste products, and neutralizes the oscillating polarity of deficient cells. Because the electrical current is able to penetrate the cell membrane, normal cell functioning is activated. Healthy cell functioning creates a healthy, pain free environment, thus increases overall well-being. When cells and tissues are functioning normally the individual feels and looks much better.

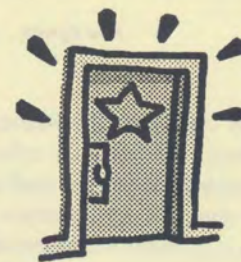
Electricity: Electricity is usually measured in amperes.

Micro amps used in microcurrent therapy are one millionth of an ampere or one thousandth of a milliamp. 1 microamp (uA) = 1/1000 of a milliamp (mA) or 1 milliamp = 1000 microamps. It would take one million microcurrent machines to light a 40 watt light bulb. This is mentioned in an effort to emphasize the minuteness of the electrical currents used in microcurrent therapy. These small, therapeutic doses of energy augment the body's own healing ability with no discomfort to the individual. It eliminates overdoses, over stimulation, misuse, and side effects. Microcurrent therapy has been utilized by professionals for the past 15 years for a myriad of problems related to injured muscles, tendons, wounds, and other ailments. Microcurrent instruments are FDA approved for marketing as a Class II device and is approved under two categories: both as a transcutaneous (across the skin) electrical nerve stimulation device as well as an electronic muscle stimulator.

The Bio-therapeutic Computer offers dual channel regulated waveforms to create the maximum electrical saturation of tissues with intermixed currents. This provides the most efficient penetration of microcurrent to the cell. By increasing the tissue saturation of energy without increasing electrical current or voltage, the body benefits from the ultimate healing aspects of low frequency.

(Continued on page 7)

WOMYN'S VARIETY SHOW
APRIL 29.....PEOPLE'S CHURCH, KALAMAZOO
2 hours of live entertainment and 3 hours of dance party



We have invited several groups from out of town and could use some help in providing "community housing" for 2 or more for the weekend. Please e-mail if you can provide housing. There will be a short questionnaire to fill out to best match womyn to households (smoking, pets, drinking, # of beds, ect). If you or anyone you know would like to be in the show, we still have a few time slots available. All must audition and make a Friday rehearsal. We also need a few "behind the scenes" womyn; stage hands, lights and amp, sound crew, props, makeup, stage mgr., and back-stage mgr. To advertise your group or business during the show, please e-mail...MAZEH@prodigy.net



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**The secret of happiness is to count your blessings,
not your birthdays.**

MARCH MADNESS



With Vickie Shaw

"She is to gay comedy what "Mary Kay™" is to cosmetics,
Cheap, but looks good in the dark"

TICKET INFORMATION

\$20 in Advance, \$27 Day of Show
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The Madame Walker box office: 317-236-2088
For More Information call LunaSea Productions
at 317-466-5684 or email lunaseaprod@yahoo.com

Saturday, March 18, 2000

8:00 PM

Madame Walker Theater
617 Indiana Avenue

Presented by:



LunaSea Productions

*Promoting the best in women's
culture past, present, and future*



Connie Harmacinski

Nationally Certified Massage Therapist

Appointment _____

219-675-5027

Clinical Indications:

Microcurrent therapy has been used to treat the following:
 Beauty Facial firming: reduces the signs of aging with increased muscle tone, improved skin tone and elasticity and reduction of fine lines and wrinkles without painful surgery.

Scars: reduces scar tissue, both old and new.

Wounds: speeds healing time, with very little scarring

Retina A Burns: reduces the "shiny" redness of Retina A overexposure

Burns: speeds healing, reduces pain, reduces scarring and tissue infections

Stretch marks: A form of scar tissue (collagen), stretch marks are reduced considerably with the dispersion of collagen.

Medical:

Chronic and acute pain related to musculoskeletal dysfunctions, soft tissue injuries, synovitis, arthritis, fractures, disc diseases, headaches/migraines, upper body muscle tension and jaw tension (as with TMJ). Also used to realign, relax and loosen the shoulders, neck, arm muscles. Used to treat lower back pain and hip problems and sciatic discomfort. Relieves sinus problems and relieves chronic fatigue.

Internal adhesions and scarring: reduces scar tissue and disperses collagen fibers to improve cellular homeostasis.

Wound healing (burns and other skin abrasions unrelated to severs peripheral vascular diseases) and post operative care: shortens recovery time.

Promotes the mobilization of lymph drainage.

Realigns and strengthens muscles and improves posture.

Methods of Application:

Probe tips using moistened cotton swabs are useful in lengthening or shortening muscles and tendons, promoting wound healing, rejuvenating skin, facial firming, body toning, organ enhancement, etc. Pads can be used for unattended treatments for pain relief, or over saline saturated gauze on decubiti, other wounds, and burns. Special gloves are used for massage and for covering larger surface areas such as the abdominals, legs and back. Aqua therapy pads are used for whole body treatments that promote increased circulation, reduced stress, increased intestinal peristalsis, energy boosting, reduced hemorrhoids, relieving gastric symptoms, and many other problems.

Assessments precede sessions which are scheduled in advance and are from 45 minutes to 90 minutes depending on individual needs.

For more information contact

Sue Myers, R.N., HNC, CHTP, LCSW @ (219) 674-4107



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For the calendar year beginning January 1, and running 12 months thru December 31, a business card sized insert

(2" x 3 1/2") is \$10.00. For a limited time insert, the cost is \$1.00 per month

PLEASE DIRECT ALL ADVERTISING INQUIRIES
TO P.O. BOX 845, MISHAWAKA, IN. 46546

March 2000



**March is
(Women's History Month)**

22nd.... The National Women's
History Project's 20th Anniversary

BIRTHDAYS

1, Jenni C., Gina F.
4, Janet F.
5, Celia W.
7, Mary C.
8, Susan S.
15, Angie B.
24, Cyndi C.
26, Betty S., Brooke F.
28, Melissa P.
30, Lisa T.

SPECIAL DAYS

8, Ash Wednesday
17, St. Patrick's Day
20, First Day of Spring

SUN

MON

TUE

WED

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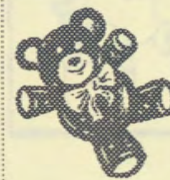
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31